

live full
WALK FREE

A Journey through 1 CORINTHIANS

SET APART in a SIN-SOAKED WORLD



CINDY BULTEMA

Leader's Guide



THOMAS NELSON
Since 1798

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Contents

A Note from Cindy	4
How to Use the Leader’s Guide	5
How to Create a <i>Live Full, Walk Free</i> Group	9
10 Tips for “Be-ing” an Effective Facilitator	12
<u>Introductory Session:</u> Getting Started (Optional).....	13
<u>Session One:</u> Welcome to Sin City.....	17
<u>Session Two:</u> Cliques, Fools, & Secrets	20
<u>Session Three:</u> New Hearts, Old Habits	24
<u>Session Four:</u> Sex in the Sinful City.....	27
<u>Session Five:</u> To Eat or Not to Eat.....	31
<u>Session Six:</u> Our Final Victory.....	34
<u>Closing Session:</u> <i>Live Full, Walk Free</i> Celebration (Optional).....	38
Handouts	41



A Note from Cindy

I'll never forget the first time I led a women's Bible study. My dear friend Julie prayerfully decided we should start a Tuesday night study in her home, and I should facilitate it. I did not feel the same way. Who was I to lead a Bible study? What if no one showed up? Or worse—what if a large number came the first week, and then no one came back? Lead a group for women? No way!

I did, however, promise Julie that before I gave my final answer, I would pray. As I sought God, something unexpected happened. Slowly but surely my fears began fading away. As I searched the Scriptures, I was reminded that God wasn't looking for perfect people, just simple servants. Was I willing to be prayerful, prepared, and open to His leading? I asked God to increase my faith and humbly said, "Yes."

Before long, our group outgrew Julie's home, and we moved to a church building. We continued to meet and expand, and I started to write Bible lessons to share with this flourishing gathering. Before long, a publisher contacted me about turning these lessons into a video-driven Bible study for women. The rest, they say, is history. Since the first Bible study ten years ago, God has accomplished more than we ever imagined possible.

Sweet friend, I don't know if this is your first time facilitating a women's Bible study or your fiftieth. But I do know this: God is still in the business of looking for imperfect women—just like me, just like you—whose hearts are fully committed to Him; women He can use for His kingdom purposes.

My hope is that you find the *Live Full, Walk Free* curriculum to be a helpful tool as you gather women to dig into God's Word together so they can learn and grow. This Leader's Guide was created to assist and support you every step of the way. Not only is it filled with helpful tips, suggestions, and activities, hopefully it will encourage you as you facilitate this study. Also, feel free to contact me any time at cindy@cindybultema.com for prayer and assistance. You are not alone!

May God bless you, my dear sister, and empower and equip you with everything you need as you begin your *Live Full, Walk Free* adventure.

Sweet blessings,

Cindy ☺



How to Use the Leader's Guide

The goal of the *Live Full, Walk Free Leader's Guide* is to equip you with tips, tools, and techniques that can help you effectively and prayerfully plan for your weekly gatherings. You'll find icebreakers, group activities, handouts, as well as step-by-step instructions for facilitating your group sessions.

During the six lessons, the women in your group will delve into the book of 1 Corinthians, where we read Paul's words to the church of Corinth—a church known as the “Sin City” of its day. Please don't let the book of 1 Corinthians intimidate you. Whether your group members have been studying the Bible for decades or are still trying to figure this “Jesus thing” out, you'll find that Paul's letter to the church of Corinth—and you and me today—will speak to us personally and specifically, no matter where we are on our spiritual journey.

To prepare for a positive small-group experience, please review “How to Use This Study” on page xi of your *Live Full, Walk Free* book, and then read the following information:

Group Size

The *Live Full, Walk Free* curriculum is best experienced in a group setting such as a neighborhood Bible study, Sunday school class, office lunch hour get-together, or other small-group gathering. Ideally, discussion groups should be no larger than eight to ten people. If your group is larger, you may want to watch the video together and then break into smaller groups to encourage sharing from everyone.

Timeline

Live Full, Walk Free is a six-session series, and may be fully completed in six weeks. However, if your schedule allows for more time together, there are many ways *Live Full, Walk Free* may be offered. The DVD series includes a Bonus Introductory Session to get know Cindy better, as well as to distribute books and materials, making it a seven-week series. Your group may also want to host a closing eighth week *Live Full, Walk Free* celebration. Some groups may choose to stretch the series out even further, allowing one week for homework discussion, one week for video watching and discussion, and repeating this structure until the end. The options are endless.

Format

Live Full, Walk Free can also be used by groups that meet for any length of time from one to two hours. As the facilitator, you decide the format that will work best with your gathering. Don't worry if your group only has an hour, you will still have plenty of time to watch the video teaching and discuss the material together. Here is a sample breakdown based on different group times.

60–Minute Group	90–Minute Group	120–Minute Group
<p><i>Connect</i> (5–10 minutes)</p> <ul style="list-style-type: none"> • Welcome • Prayer • Icebreaker 	<p><i>Connect</i> (15 minutes)</p> <ul style="list-style-type: none"> • Welcome • Prayer • Icebreaker 	<p><i>Connect</i> (15 minutes)</p> <ul style="list-style-type: none"> • Welcome • Prayer • Icebreaker
<p><i>Watch</i> (25–30 minutes)</p>	<p><i>Watch</i> (25–30 minutes)</p>	<p><i>Watch</i> (25–30 minutes)</p>
<p><i>Discuss</i> (15–20 minutes)</p> <ul style="list-style-type: none"> • Video Debrief • Lesson Review 	<p><i>Discuss</i> (35 minutes)</p> <ul style="list-style-type: none"> • Video Debrief • Lesson Review 	<p><i>Discuss</i> (45 minutes)</p> <ul style="list-style-type: none"> • Video Debrief • Lesson Review • Group Activity
<p><i>Wrap Up</i> (5 minutes)</p> <ul style="list-style-type: none"> • Looking Ahead • Closing Prayer 	<p><i>Wrap Up</i> (10 minutes)</p> <ul style="list-style-type: none"> • Looking Ahead • Closing Prayer 	<p><i>Prayer Groups</i> (20 minutes)</p> <p><i>Wrap Up</i> (10 minutes)</p> <ul style="list-style-type: none"> • Looking Ahead • Closing Prayer

Not One Size Fits All

The *Live Full, Walk Free* curriculum is a tool, but the ultimate goal is helping women grow closer to Jesus in the context of a welcoming and safe environment. For that reason, *Live Full, Walk Free* is designed to be informative, yet adaptable. If yours is a brand-new group, you may want more time in the beginning to get to know each other. If yours is an established group, you may want to complete the additional activities. If the women in your group are new to God’s Word, you may want extra time examining the Scriptures. As the facilitator, shape the study to what best suits the needs and desires of your individual group.

Group Preparation

There may be more questions and activities provided than time may allow. That’s okay! Before you gather, highlight the questions you want to emphasize during the session. Choose the questions best matched to the personal needs of your group. *Do not feel that you have to ask every question.* If there are video discussion questions you are unable to cover, encourage the women to complete them during their personal study time at home.



Session Summary

Each session in this Leader's Guide includes the following components:

- **Overview:** A brief summary of the weekly lesson. This is not included in the *Live Full, Walk Free* book.
- **Prepare:** Activities and planning tips you will want to consider and complete before your weekly group gathering.
- **Connect:** An introduction to the session's theme, opening prayer, plus a choice of icebreaker questions and/or ideas to get your group started.
- **Watch:** The teaching video should be viewed together as a group. The Leader's Guide provides the exact length of the time needed. (Note: videos should be watched *after* the group members have completed the lesson.)
- **Discuss:** Questions that reinforce the session content and encourage personal input from every group member. Also, activities that support the session theme, and Scripture passages to discuss.
- **Wrap Up:** Reminders for the women as they head into a new week of study, as well as closing prayer prompts.
- **Reflect:** Thoughts to help you evaluate effectiveness after your group is over, plus follow-up suggestions before your next gathering.

✿ You'll find personal notes and facilitating tips from Cindy and her friends sprinkled throughout this Leader's Guide. May they support and encourage you as you lead your *Live Full, Walk Free* group.

Scripture Memory

During each of the six lessons, a new Scripture memory verse will be introduced. Encourage the women to renew their minds by memorizing the verses. Remind them to either (a) photocopy the verses located at the back of their book, or (b) write the verses on index cards each week. There are also memory verse cards as a free downloadable at www.cindybultema.com, plus additional Scripture memory tips at the end of this Leader's Guide.



Know Your Group

One of the greatest ways you can prepare is to spend time “sitting in the shoes” of your individual group members. Before your first gathering, devote time to prayerfully reflect on the following questions:

- Have the women been in small groups before? Is anyone brand-new to Bible study?
- Are the women Christians? Non-Christians? Not sure?
- How familiar is each woman with the Bible?
- How comfortable is each woman with prayer?
- What are the current challenges facing the women (busyness, loneliness, digital distractions, marriage struggles, aging parents, young children, etc.)

Ask God to give you discernment and extra sensitivity to the hearts of each woman in your group.

Just for Fun

The *Live Full, Walk Free* curriculum provides many opportunities to celebrate women as they step out of their comfort zones and pursue a full, free life in Christ. You may want to have a small “treasure chest” of fun incentives to support women on their adventure. Suggestions include the following: confetti wands, heart-shaped glasses, chocolate, note cards, etc. Be creative!



How to Create a Live Full, Walk Free Group

1. **Pray!** Ask God for guidance, direction, and wisdom for all of the planning details. You may want to create a prayer notebook to record your requests and note how God answers your prayers. Ask God to:
 - Order your steps and lead you every step of the way.
 - Handpick the women He wants to attend, and open each woman's mind and heart to the invitation.
 - Empower each woman who will be participating to *live full* and *walk free*.
2. **Choose your Bible study meeting dates.** Determine the number of weeks you would like to get together, and mark your calendar. Make sure holidays, school breaks, etc. won't interfere with your gatherings. (Note: you may want to plan a *Live Full, Walk Free* Introductory Session as a bonus seventh session, or a Celebratory Closing session. Details are included in this Leader's Guide for ideas and suggestions.)
3. **Determine your meeting location.** If you'll be gathering at a church or office, reserve a meeting room(s), a TV, and a laptop, computer, or DVD video player.
4. **Enlist help from others.** Is there someone who might help with hospitality? Prayer? Snacks? Additional small-group leaders? Childcare (if needed)? Remember, there is nothing like responsibility to help others feel valued.
5. **Prepare your invitation list.** Be brave and prayerfully think outside the box. Women to consider inviting to your group:
 - Neighbors
 - Coworkers
 - Relatives
 - Friends
 - Teachers
 - Sports team parents
 - Exercise class members
 - School moms
 - Women you encounter on a day-to-day basis (store clerks, hair stylists, baristas, gym trainer, childcare workers, dental hygienists).

6. **Gather all your needed materials.** In addition to a TV and a laptop or DVD player, you'll need:

- *Live Full, Walk Free* DVD
- *Live Full, Walk Free* Bible study book (one per woman)
- Bible (one per woman)
- *Live Full, Walk Free Leader's Guide* PDF (one per small group leader)
- Pens or pencils for all
- Nametags, if appropriate
- Index cards, paper, and/or poster board for some of the group activities

7. **Begin sharing publicly about your group four weeks before the first session.** You'll find a free *Live Full, Walk Free* invitation for you to personalize at www.cindybultema.com. Feel free to use it, or be creative and make your own. Other sharing suggestions include sending emails, making phone calls, personally inviting neighbors, creating an Evite, posting on social media, and prayerfully asking your church to promote for you/with you. You may even want to carry some invites in your purse and hand them to out to women whose path you cross regularly.

Cindy's mentor Mary often says, "If a name comes to mind while you are making your invitation list, don't dismiss it. It could be a prompt from the Holy Spirit. Maybe that woman's mom has been praying for someone to invite her daughter to a small group." Good reminder!

Be sure to ask women to pre-register so you can plan accordingly.

8. **Create a "welcome" letter/packet to distribute and discuss during the first session.** Items you may want to include the following: overview of the group, values, schedule, and random "housekeeping" items. See page 42 as a sample.

9. **Get ready for the first gathering.** Use the Leader's Guide to help you successfully pray, plan, and prepare for your first session.

10. **Send reminder emails or make phone calls.** The day prior to your *Live Full, Walk Free* group members, it's helpful to send a fun, encouraging reminder.

11. **Keep praying and have fun!** Cindy's personal philosophy: "God's Word is way too exciting for Bible study to be boring." Have fun as you open the Scriptures together to learn more about how to live full, free lives in the midst of our sin-soaked world.



You'll note many places throughout this Leader's Guide where you're encouraged to take a quick photo of your group and share it online using Facebook, Twitter, or Instagram. We'd love to see your group in action! Don't forget to use the hashtag #livefullwalkfree.

Also, Cindy would love to connect with you during your *Live Full, Walk Free* journey. Feel free to tag Cindy so she sees the photos as well. In fact, your group may win a free visit or Skype call with her for sharing your fun! Here are some of the places you can share with Cindy how you are doing:

Twitter: twitter.com/cindybultema

Facebook: facebook.com/CindyBultemaspeaker

Pinterest: www.pinterest.com/cindybultema

Instagram: instagram.com/cindybultema

E-mail: cindy@cindybultema.com



10 Tips to “Be-ing” an Effective Facilitator

1. **Be rooted.** Remain in the Lord, and remember that you can’t do anything apart from Him (John 15:5). Carve out plenty of time in your daily schedule to spend with the Lord in prayer, solitude, and Bible reading.
2. **Be prepared.** Read through the suggested discussion questions and activities, selecting the options that will work best before your group begins. Gather any handouts and resources you’ll need.
3. **Be flexible.** There may be times you’ll need to surrender your carefully prepared plan and proceed in a completely different direction. Be perceptive to the needs of the women, and be adaptable when needed.
4. **Be authentic and transparent.** It is amazing how others will open up when the leader is real and speaking from her heart. Your leadership will set the tone for the group.
5. **Be timely.** A good rule of thumb: Always start on time and end on time.
6. **Be prayerful.** Pray about every aspect of your group. Ask God for His help and leading, and pray for your group members by name. When you pray, you gain access to God’s supernatural power. “Pray continually” (1 Thessalonians 5:17).
7. **Be grace-filled.** Ask God to infuse you with His grace each week. Did someone forget her *Live Full, Walk Free* book? Extend grace. Not complete her homework? Give more grace. Follow up with a phone call perhaps, but model care and compassion rather than rules and regulations.
8. **Be the facilitator.** A teacher is the only one teaching, but a facilitator encourages the group to share, gently draws people out, asks questions to get a good discussion going, and keeps track of the time and schedule.
9. **Be sensitive.** Pay attention to the physical, emotional, or spiritual needs of each participant. If you are concerned about the overall well-being of any of the women, encourage them to seek counseling and/or professional help.
10. **Be YOU!** If you like decorations and themes, be creative and play along with the weekly ideas. If you enjoy taking photos, post away using the hashtag #LiveFullWalkFree (always with your group members’ permission, of course). Please don’t worry about completing all the activities. Allow your unique personality and perspective to shine through. Be a first-class YOU as a facilitator!

Introductory Session (Optional)

Getting Started

Note: If your group decides to pass on this introductory session, please read through the ideas and activities. You may want to incorporate them into your Session 1 gathering.

Overview

The hope is to create a welcoming, safe, and authentic environment for the women to learn more about the *Live Full, Walk Free* study, its author, each other, as well as God's invitation to a full, free life extended to all.

Prepare

- Review the time formats on page 6. Decide on a schedule for your gathering.
- Watch the Bonus Video Introduction to familiarize yourself with Cindy's story.
- Confirm you have all materials needed (see page 10).
- Create a sign in sheet to collect each woman's name, email address, phone number, etc. (A yellow pad and sharpie marker works great too.)
- Handouts: Make a welcome handout/packet, if desired. Items you may want to include:
 - Overview of Group Values (see sample on page 42 of Leader's Guide).
 - Memory Verse Cards
 - 1 Corinthians Reading Plan
 - Optional Icebreaker, see page 43. One handout per woman.

Don't forget: You'll find free downloads, printables, and handouts for your group at www.cindy-bultema.com. Look for the *Live Full, Walk Free* tab.

- Snacks: Decide if you'd like to offer refreshments, but don't feel obligated. One easy solution: something salty (pretzels, tortilla chips, etc.) and something sweet (chocolate works great). Keep it simple.
- Decorations: You don't have to go overboard, but being intentional with creating a warm, hospitable environment can impact a woman's overall Bible study experience. There are many ways you can incorporate *Live Full, Walk Free* into your decorating plans. Consider using the following themes: confetti, chalkboards (similar to the ones in the videos), or even shoes. Be creative—or ask someone from your team who enjoys decorating for help. Also, be sure to check out Cindy's Pinterest page for more suggestions. Share your ideas with us too.
- Pray: Most importantly, pray! Ask God to remove any obstacles that would hinder the women from attending, and ask Him to infuse you with His love, joy, wisdom, and perfect peace.

✿ “As you prepare to lead this study, spend some time letting go of your expectations and ask God to show you how He wishes to move in your group. God has a plan and His is best.”

—Jennifer Ferguson, author of *Pure Eyes, Clean Heart*

Welcome!

As the women arrive, greet each one with a warm welcome. Help each woman get comfortable as she signs in, fills out a name tag, and grabs any needed supplies (*Live Full, Walk Free* book, pen, handouts) and refreshments.

Connect

- Welcome everyone to *Live Full, Walk Free* and open with a brief prayer.
- Introduce yourself and share your hopes for your *Live Full, Walk Free* group. Introduce other leaders as appropriate.
- Get to know each another. Ask each woman to share her name, some family information, how she heard about this study, and a fun fact about herself, OR distribute the *Live Full, Walk Free* Icebreaker from page 43. Give everyone three minutes to complete the handout. In groups of four to six participants, go through the questions and share your answers together.

Note: Be sure that no one feels pressure to answer any questions. Be sensitive to those who may be quiet/shy, especially since it’s the first group gathering. For some, it may have been a stretch to even attend the study.

- Share your Welcome packet and/or any *Live Full, Walk Free* details with your group. You may want to share your thoughts on the following:
 - Bible study schedule (i.e., dates and times).
 - Group values (confidentiality, authenticity, etc.)
 - Overview of the *Live Full, Walk Free* study (five 20–30 minute “homework” lessons during the week, a 25–minute video teaching *after* the homework is completed, weekly memory verse, etc.)
 - Miscellaneous, such as snack schedule or cell phone etiquette.
- If you haven’t already, pass around paper to collect names and contact information. Type up a Small Group Directory and distribute it next week.

Watch the Bonus Video Introduction: Cindy’s Story (15:00)

Direct everyone to the blank page for notes on page xix in their *Live Full, Walk Free* book. Play the video.



Discuss

- Facilitate group discussion using the following questions:
 - What stood out to you from Cindy’s story? What made the difference in her life?
 - Cindy declared, “God’s Word says I’m accepted, adopted, forgiven, chosen, loved. The same is true for you too, friend.” Do you find it easy or hard to believe this to be true?
 - Look up the following verses (as time allows) to discover what God’s Word says about our identity: Romans 15:7; Ephesians 1:1; 1 John 1:9; 1 Peter 2:9a; 1 John 3:1.
 - Cindy shared, “We may not have 1,000 temple prostitutes invading our neighborhoods, but some days it seems we do have 1,000 temptations etched with messages that whisper, “pursue me,” “chase me,” and “follow me, so I can fulfill your every desire.”
 - What are some of the temptations that get in the way of women today as they seek to experience full, free lives?
 - What are you most looking forward to during this *Live Full, Walk Free* study together?
- Memory Verse: Remind the group of the goal to memorize six new verses together. Facilitator, do you have a story of how Scripture memory has affected you? Feel free to share. Read the Week 1 Verse (1 Corinthians 1:18) aloud. Share your favorite Scripture memory tips.
- Prayer Groups (For groups meeting for two hours). Read the following note from Cindy regarding prayer:

True confession: the first time I attended a women’s Bible study, the prayer time at the end of our session terrified me. Do I share how I’m really doing or give a “safe” prayer request? What am I supposed to pray about regarding the other ladies? When should I pray? Do I keep my eyes closed or open? Will they think I’m weird if I “take a pass” and don’t pray out loud? Yikes!

I’m sad to admit that I was so uncomfortable with the closing prayer experience that I never went back to Bible study again that season. Thankfully, God has been growing me in my prayer comfort level through the years. I still don’t always know all the prayer etiquette, but I am sure of one thing—God works through prayer.

Ask your group, “Has anyone else ever felt that way?” Remind the women that it is okay to “take a pass” on praying out loud if they’d prefer. Break into groups of four. Have each woman write out some prayer requests on an index card, then partner with another woman in the group and exchange cards. Commit to pray for one another throughout the next week. Ask for a volunteer to close in prayer at the end of your prayer group time.





Take a quick “before” photo of your *Live Full, Walk Free* group and email it to cindy@cindybultema.com, or share it online using Facebook, Twitter, or Instagram. Don’t forget to use the hashtag #livefullwalkfree.

Wrap Up

Looking Ahead

Remind the women to read the Message from Cindy, and complete Chapter 1 in their book before your next gathering. The five lessons should take 25–30 minutes each. Direct the women to the cross exercise on page 16. They won’t want to miss the opportunity to reflect on how Jesus’ invitation has impacted them. If they are interested in reading all of 1 Corinthians, don’t forget about the Reading Plan located at the back of their book.

Prayer Time

Close in prayer. You may want to ask God to ...

- Open your hearts and minds to all that He has for your group as you journey together through *Live Full, Walk Free*.
- Remove any temptations, distractions, obstacles, or challenges that could get in the way of living a full, free life in Christ.
- Remind each woman of the truth that, in Christ, she is accepted, adopted, forgiven, loved, and chosen.
- Use each group member to share His love and encouragement with others this week.

Reflect

A self-review of your time after the session:

- How did it go? What were two things that went really well?
- Is there anything you wish you had done differently?
- Spend time in prayer thanking God for His guidance and asking Him to continue to lead you every step of the way. Pray that the women will carve out time to open the Word and complete their lessons this week.
- Is there anyone who needs a special word of encouragement? Mail a note, send an email, or make a quick phone call.

✿ “Spend a few minutes after your last guest leaves to recap your gathering. You won’t regret doing it now, but you will forget if you do it later.”

—Amy Lively, author of *How to Love Your Neighbor Without Being Weird*

Session 1

Welcome to Sin City

Note: If your group did not begin with the optional bonus introductory session, you may want to read through the introductory ideas and activities. Feel free to incorporate some of the welcoming activities into this Session 1 gathering.

Overview

Let's go to Corinth! The goal of this teaching session is to review what we've learned about the city, people, and culture of Corinth. Remember, the more we understand the background and context, the more the Bible comes alive to us today. We'll also see how the culture of the city impacted the culture of the church, and how the Christ followers of "Sin City" soon were living just like everyone else. Paul reminded them, and us, of the Truth—that in Christ we are Sanctified, Called, Enriched, and Blameless. Yet even though they had made horrible mistakes, Paul didn't view *them* as mistakes. Their poor choices didn't define them; Jesus did. Do you see yourself through glasses of Grace, with lenses of love? And will you choose to listen to the world or listen to the Word?

Prepare

- Prayerfully plan your schedule based on your time frame (see page 6 for help).
- Complete the lessons in Chapter 1, and note which homework questions will work best for your group.
- Watch Session 1 to familiarize yourself with the teaching.
- Make new nametags using your Small Group Directory. Write out "SAINT (insert their name)." This reflects what we learned in Part 5 on page 38.
- Pray for each woman by name. Also, pray for an atmosphere where each woman feels safe—physically, emotionally, and spiritually.
- Send a reminder email to let all of the women know you are looking forward to seeing them soon!

Connect

- When it's time to start, welcome everyone to *Live Full, Walk Free* and open with a brief prayer. (Or you may choose to have the women read the prayer from page 1 aloud together.)
- Communicate any updates with your group, and distribute the Small Group Directory.
- Get to know each another. To help remember each other's names, have the women introduce themselves using a positive adjective that starts with the first letter of their first name (i.e., Joyful Jenn, Amazing Andrea, Positive Paulette).
- Have a volunteer read aloud 1 Corinthians 1:18 (Week 1 memory verse). Ask, "Did anyone memorize it? How has the Scripture memory been impacting you? What Scripture memory tips can you share?"

Watch: Welcome to Sin City (26:00)

Direct everyone to the blank page for notes on page 40 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 41.
- After discussing the video, review the Similarities/Differences Chart on page 8 of the *Live Full, Walk Free* book. What are the important things we should remember about the city of Corinth? In what ways is Corinth similar to our world today? In what ways is it different?
- Go over the cross exercise on page 16. Ask, “How has the cross made a difference in your life?” Invite women to share as they feel comfortable.

(Facilitators, this may be an excellent opportunity for you to briefly share part of your testimony. You may want to prayerfully prepare to share your cross exercise with the group as an example.)

- The *Live Full, Walk Free* motto could be “Know the Truth. Live the Truth. Share the Truth.” Turn to page 39 in your book. Did anyone send someone a letter or short note to remind them of the truth of who they are? How was it received? How did that make them feel? How can you share truth this week?
- Memory Verse: Go around and see who participated in the Scripture memorization this week. You may want to pass out chocolates or other select goodies for those who recite 1 Corinthians 1:18. Encourage the women to write out Chapter 2’s Memory Verse (1 Corinthians 3:18) on an index card, and keep it in a highly visible location. Remember, we want to *know* Truth, *live* Truth, and *share* Truth.
- Prayer Groups: Break into groups of four. Invite the women to share prayer requests and spend time praying for one another. Remind the women that it is okay to “take a pass” on praying out loud if they’d prefer.



Will you accept Cindy’s challenge to write S, C, E, B on your fingers? If so, take a selfie and then share it online using Facebook, Twitter, or Instagram. Use the hashtag #livefullwalkfree.

Wrap Up

- Looking Ahead**
Remind the women that they will want to complete Chapter 2 in their book before your next gathering. Direct the women to the True or False Quiz on page 61. They don’t want to miss the opportunity to score 100% on the quiz!
- Prayer Time**
Close in prayer. Ask God to empower you all to *know* truth, *live* truth, and *share* truth in the midst of your city, people, and culture.



Reflect

A self-review of your time after the session:

- How did it go? What worked well? Jot down three high points.
- Is there anything you wish you would have done differently?
- Spend time in prayer. Ask God to help each woman wear “glasses of grace” as she goes through-out her daily activities this week.
- Call or write group members who were absent. Remind them they were missed, and ask if there is any way you can help fill them in on video material.
- Is there anyone who was especially quiet? Didn’t seem like her usual self? Send an email or drop a “thinking of you” note in the mail.

✿ *“Remember, you don’t have to be an expert to be used by God. You don’t have to know all the answers to lead a group of women. Don’t be afraid to be authentic and vulnerable. Trust in God’s strength to accomplish your leadership tasks.”*

—Sharla Fritz, author of *Divine Design*

Session 2

Cliques, Fools, & Secrets

Overview

This week we were introduced to the first problem Paul wanted to discuss with the church members of Corinth—division in the church. In today’s video lesson, we’ll be reminded how God desires unity and oneness in the body of Christ. As Christ followers, the question shouldn’t be, “Who is my favorite pastor, Bible teacher or worship leader?” but instead, “Who gave His life for US so we might *live full* and *walk free*?!”

Prepare

- Prayerfully plan your schedule based on your time frame.
- Complete the lessons in Chapter 2, and note which homework questions will work best for your group.
- Watch Session 2 to familiarize yourself with the teaching.
- Find the song “We Are Family” by Sister Sledge on YouTube. Plan to have it playing when the women arrive, dismiss, or both.
- Collect popular magazines to discuss current messages being communicated by the world.
- Pray for each woman by name. Ask God to use His Word and this lesson to bring hope and healing to any woman who has been hurt by the church. Pray for oneness and unity in your group, your church community, and the body of Christ.

Connect

- Begin with prayer, thanking God for your time together, and invite God to direct the conversation and the fellowship, OR you may also choose to have the women read the prayer from page 43 aloud together as your opening prayer.
- Get reacquainted before you dig into the lesson. Ask each woman to describe her week in one word —full, hard, joyful, etc.
- Communicate any “housekeeping” updates with your group.
- Have a volunteer read aloud 1 Corinthians 3:18 (Week 2 memory verse). Did anyone memorize it? How has the Scripture touched your life over the past week?
- Start this session with the good old-fashioned “telephone” game. Remember it? Create small circles of women (8–10 each) and give one woman in each circle a phrase that is hard to remember and can easily be distorted. When you say “go,” each woman whispers the secret to the next woman, who whispers it to the next, continuing down the line. What fun to see what phrase comes out in the end!

For example: *Mary went to the grocery store last Saturday and said that she got robbed by a 12-year-old boy in a blue sweater who was riding a black bike, and then she told Sarah, but told Sarah not to tell anyone, but Sarah told Mandy, and Mandy told me, and now Mary has over \$100 in her purse, so her husband is questioning me as to how she got robbed.*

This game models how when we fail to communicate clearly and accurately, facts can easily be distorted, leading to gossip, disagreements, and even division. Remember, “*Secrets, secrets, are no fun, unless you share with everyone.*”

Speaking of secrets, there is one secret we can share—the secret wisdom of the gospel! Ask the women to turn to page 73 in their *Live Full, Walk Free* books, and share how they answered the question about who they can share the secret wisdom of the gospel with in the midst of their everyday, ordinary lives.

Watch: Cliques, Fools, & Secrets (27:00)

Direct everyone to the blank page for notes on page 83 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 84.
- After discussing the video, ask a volunteer to read aloud the list of “one anothers” on page 48. Which “one another” is hardest for you to live out? Easiest? What makes the difference?
- Review the “World vs. Word” chart on pages 65–66. Take turns going around and sharing the personal insights gleaned from this exercise. (Depending on your room set-up, you may want to make a large chart on a dry erase board/poster board/chalkboard to record your group’s thoughts and ideas.) If time allows, you may also want to share the headlines from popular magazines to examine current messages being communicated by our culture/world.
- Discuss:
 - What stood out to you from this exercise?
 - Any highlights? Any surprises?
 - In what area are you most susceptible to deception?
 - How can you uproot any “weedy” deception in your life?

✿ “Do not be afraid of silence in the group. This is an indication that the women are thinking deeply on your question. To keep your mind busy, count to about 15; if there is no response by then, ask the question in a different way or ask, ‘Has anyone come up with anything?’ ”

—Kathy Bruins, author of *Season of God’s Daily Influence*

- The *Live Full, Walk Free* motto could be “Know the Truth. Live the Truth. *Share* the Truth.” Turn to page 50 in your book. Did anyone send an email or text to a sister in Christ from another church community? How can you share truth this week?

Don't forget: You'll find free printables for your group at www.cindybultema.com. Encourage the women to print off the “The Truth is ...” handout, and have fun sharing truth with others.

- Memory Verse: Ask for volunteers who participated in this week's Scripture memorization challenge. Celebrate their hard work and effort. Ask, “Does anyone have a favorite Scripture memory tip?” Share your ideas, and encourage the group to memorize Week 3's verse (1 Corinthians 6:11b). Remember, we want to know Truth, live Truth, and share Truth. (Facilitator, if you don't have a favorite tip, you might encourage the women to write the verse on their bathroom mirror at home with a dry erase marker.)
- Prayer Groups: Break into groups of four. Make a list of local churches in the area. Spend time praying that each church would know Truth, live Truth, and share Truth. As always, remind the women it is okay to “take a pass” on praying out loud.



Play “We Are Family” by Sister Sledge (search YouTube) and have fun taking photos of your group members hand-in-hand together. Share the photos online (with permission from your sisters, of course) using Facebook, Twitter, or Instagram. Use the hashtags #livefullwalkfree #wearefamily.

Wrap Up

- Looking Ahead**

Next week we'll be talking about “new hearts and old habits.” Encourage the women to spend time this week reflecting on the transformational work God has done in their lives, as well as the old habits that seek to pull them back into situations that are not God's best. Remind the women that they will want to complete Chapter 3 in their book before your next gathering, as well as memorize 1 Corinthians 6:11b.

Note: You may want to go with a heart theme for Week 3's lesson. If so, encourage the women to wear pink or red, anything with a heart on it (sweater, socks, etc.), or even heart glasses. You may want to offer a prize for the most snazzy heart-wearing group member.

- Prayer Time**

Close in prayer. If the women are comfortable, break into groups of two. Have the women reread the list of “one anothers” on page 48, this time declaring them aloud as prayers. Go through the list twice, the first time praying the verses for each other (i.e., Lord, help *Sally* to be at peace with one another), and the second time, praying them for your church community (i.e., Lord, help *us* to be at peace with one another).

Reflect

- How did it go? Is there anything you wish you had done differently?
- What worked well? Can you name five things?
- Think about the different learning styles—visual, auditory, reading/writing, and kinesthetic. Are you able to incorporate all four learning styles into your small-group setting? Is there something new you could try next week to ensure that you are connecting with all the group members in a way that is helpful to them? (Go to www.vark-learn.com for a free online assessment and more information.)
- Spend time in prayer. Ask God to remind each one that *all* Christians are part of God’s family and should live together as such.
- Call or write group members who were absent. Remind them they were missed.

✿ *“It may only be week two, but God is already at work in your group. I’ll never forget the time God brought an unregistered, unexpected, unknown, ungodly woman to our gathering during week two. She only came once, but it was the day we shared the gospel, and her honest questions moved the hearts of every woman in the room. Expect God to do great things, and record them as they unfold!”*

—Julie Sanders, author of *Expectant: 40 Devotions for New and Expectant Moms*

Session 3

New Hearts, Old Habits

Overview

Sticky situations—we all face them. What is our responsibility as a Christ follower? Do we say something or mind our own business? Thankfully, Paul offers Truth-filled advice to the Christ followers in Corinth, and us today, on how to relate to one another when faced with awkward, challenging, or difficult circumstances. We'll learn how to respond to church leaders, the “lost,” and our brothers and sisters in Christ. Our hope: the next time we find ourselves in a sticky situation, we'll be women who know the Truth, live the Truth, and share the Truth—in love.

Prepare

- Prayerfully plan your schedule based on your time frame.
- Complete the lessons in Chapter 3, and note which homework questions will work best for your group.
- Watch Session 3 to familiarize yourself with the teaching.
- Pray for each woman by name. Thank God for His transformational work in her life, and ask Him to help each group member to see herself as brand, spanking new.
- Just for fun: To celebrate our new hearts in Christ, consider using the “heart” theme for this week's lesson. If so, send an email reminder to encourage the women to wear pink or red, anything with a heart on it (sweater, socks, etc.), or even heart glasses. (Don't forget a prize for the most heart-wearing group member.) Decorate your gathering space with heart confetti, heart chocolates, etc. Have fun!

Note: If the thought of decorating with hearts makes you break out in hives, delegate or take a pass. No worries!

✿ *“Can you believe you are nearly midway through the study? Wow! This is a great time as a leader to share with more authenticity about how God has helped you on your personal journey to live full and walk free. As the women hear your heart, they'll be more willing to open up and share theirs.”*

Cindy ☺

Connect

- Begin with prayer, thanking God for new hearts and new lives in Christ OR, you may choose to have the women read the prayer from page 85 aloud together as your opening prayer.
- Spend a few minutes connecting. Ask the women on a scale from 1 to 10 (1 being low, 10 being high), how are they doing today? What would help them go up one notch? Are they living full and walking free?
- Communicate any “housekeeping” updates with your group.
- Have a volunteer read aloud 1 Corinthians 6:11b (Week 3 memory verse). How has knowing this Truth helped you live differently this week? With whom might you be able to share this Truth?

Watch: New Hearts, Old Habits (25:00)

Direct everyone to the blank page for notes on page 125 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 126.
- Cindy shared in the video closing, “Of the three examples we discussed —our leaders, the lost, and our brothers and sisters in Christ— is there one area that’s easiest for you? Or maybe the trickiest?” Ask for volunteers to share their thoughts, and then review what you’ve learned about responding in each of the three situations.
- Peek at the “true confession” question on page 90. Ask for a volunteer who might be willing to talk about a time she picked up a measuring stick to evaluate, critique, or judge a leader/teacher in the church. Next review the STOP acrostic pages 93. How could this assist you the next time you are tempted to get puffy and judge-y with your fellow sisters and/or brothers in Christ?
- Review Part Three: Sticky Stuff. What does Paul’s letter to the Corinthians teach us about correcting those we love—our *adelphos*, or brothers and sisters in Christ? Turn to pages 107–110 and practice together the hand exercise. How might those five steps “lend a hand” if you sensed the need to carefully and prayerfully speak the Truth in love to someone *in* the church?
- Cindy shared that the Corinthian church members had “new hearts, but old habits.” How do we see this confirmed in the Corinthian church members’ attitudes and behavior? Have any of your “old habits” impacted your Christian faith? If so, how? What has helped you live in fullness and freedom? How do you feel knowing that in Christ you are *brand, spanking new* (page 123)?
- Memory Verse: Ask for volunteers who participated in this week’s Scripture memorization challenge. Can anyone share all three verses learned so far? Applaud their diligence and determination! Have each woman write out Week 4’s verse (1 Corinthians 6:19b–20) on paper or an index card. Encourage them to keep it close (near the kitchen sink, by the computer, on the dashboard, etc.) and say it aloud often. They may even want to post a photo of the location they picked for their verse and share it online using #livefullwalkfree.
- Prayer Groups: Break into groups of four. Invite the women to share prayer requests and pray for one another. Remind the women that it is okay to “take a pass” on praying out loud if they’d prefer.

Wrap Up

Looking Ahead

Next week we'll be talking about sex. Remind the women that they will want to complete Chapter 4 in their book before your next gathering, as well as memorize 1 Corinthians 6:19b–20. You may want to share these disclaimers from Cindy:

- The lessons (in the book and the teaching video) will be rated PG.
- Cindy carefully considered how to best communicate her sex teaching with sensitivity and grace. Her heart is to share Christ's love and grace, with Truth. No shaming, promise.
- Session 4 is for everyone. Whether you are a Christian or a non-Christian; have a promiscuous sexual past, you're single and you're saving your sexuality for your spouse, or somewhere in between—we all live in "Temptation Nation." Next week's lessons are for all.

Please don't miss next week.

Prayer Time

Close in prayer. Ask God to help each woman put into practice what she is learning from God's Word. May each one be not just a hearer of the Word, but willing to do what the Bible is asking her to do, wearing glasses of grace and seeing others through lenses of God's love.



Let's see those heart pictures! Did anyone dress in heart gear from head to toe? Did your group members wear glasses of grace with lenses of love? If not, no worries! Why not take a group picture with everyone making heart shapes with their hands? Don't forget to share it online using Facebook, Twitter, or Instagram with the hashtag #livefullwalkfree. Can't wait to see the fun photos!

Reflect

- How did it go? What worked well? Is there anything you wish you had done differently?
- How have you seen God answer prayer in the lives of the women in your group? Take a few moments to reflect on God's faithfulness.
- Spend time in prayer. Ask God to strengthen the faith of each woman, and use her to be a woman of grace and Truth.
- Call or write group members who were absent. Ask if there is any way you can help or pray for them. Remind them, "God is for you."
- Is there anyone who currently has a "house on fire"? Were they extra quiet during your gathering? Make a quick phone call, send an email, or drop a "thinking of you" note in the mail and remind this dear one that she matters to God, and she matters to you too.

❁ *"Dear Facilitator, can you please ask someone to pray for you all as you head into Week 4—the session on sex? Do you know someone who would do that for you and your group? Your pastor's wife? An elderly prayer saint? Give that dear sister a ministry and a way to be a part of your group, even though she won't be there in person. My prayer is that all the Live Full, Walk Free facilitators have a "prayer warrior" in their corner as they facilitate this important, relevant, and significant topic. I'm so thankful for you!"*

Cindy 😊

Session 4

Sex in the Sinful City

Overview

Paul knew the brand-new Corinthian Christians were living in “Temptation Nation,” and it was not easy to live pure in their polluted world. Has anything changed in 2,000 years? Sex is still one of Satan’s favorite schemes for getting Christ followers off track. Clearly the enemy is using sexual sin to hook our culture, just like he did in Corinth. In today’s video teaching, let’s talk about how to experience victory while living in temptation nation, especially in regard to our sexuality. And even if sexual sin isn’t your group’s main area of struggle, it is good for all of us to be equipped and empowered to help encourage and support one another to live set apart in our sin-soaked world.

Prepare

- Prayerfully plan your schedule based on your time frame.
- Complete the lessons in Chapter 4, and note which homework questions will work best for your group.
- Watch Session 4 to familiarize yourself with the teaching.
- Pray earnestly for your gathering. Ask God for an extra measure of His protection, comfort, and peace. Pray for fresh grace, wisdom, and compassion for you as the facilitator. Pray for each woman as she works through the Week 4 lessons. May her eyes, ears, and heart be opened to the fullness and freedom available to her through a relationship with Jesus.
- Due to the sensitive nature of this week’s topic, you may want to ask your church for phone numbers/resources for any woman who wants to talk to a professional/lay counselor regarding healing, wholeness, and freedom in the area of sexuality.
- Printable: Download the free A to Z verse cards at www.cindybultema.com; one set per woman, OR email the women during the week and encourage them to do so.
- Icebreaker: Purchase boxes of Swedish Fish candy (one box per every five women) and read through the optional opening “Great Swedish Fish Pass” Icebreaker on page 44. (Bags of gummy worms will also work.)
- Just for fun: To go along with the “tackle box” teaching in this week’s video, decorate using a fishing theme. Ideas include: goldfish crackers, gummy worms, dirt cup snacks, tackle boxes on the table, etc. Check Cindy’s Pinterest page for more ideas. Let your creative juices flow!

✿ *“Sweet Facilitator, I’m so thankful you have been placed in this leadership role. You have the privilege of being used by the Lord to be a ‘shame lifter’ in the lives of your gals. You may even have some women who tell you their shame story for the very first time. What an honor!”*

—Marilyn Hontz, author of *Shamelifter: Replacing Your Fears and Tears with Forgiveness, Truth, and Hope*

Connect

- Begin with prayer, thanking God for His life-changing Word. Ask Him to help each woman know, live, and share Truth. OR you may choose to have the women read the prayer from page 127 aloud together as your opening prayer.
- Since today's topic is a bit more sensitive, spend a few minutes of light-hearted fun with the "Great Swedish Fish Pass" Icebreaker on page 44.
- Communicate any "housekeeping" updates with your group.
- Have a volunteer read aloud 1 Corinthians 6:19b–20 (Week 4 memory verse). How are you doing at knowing, living, and sharing this truth?

Watch: Sex in the Sinful City (32:00)

Direct everyone to the blank page for notes on page 166 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 167.
- Review the "World vs. Word" chart on pages 140–142. Take turns sharing any personal insights realized from this exercise. (Depending on your room set-up, you may want to make a large chart on a dry erase board/poster board/chalkboard to record your group's thoughts and ideas.) If time allows, you may also want to share the headlines from popular magazines to examine current messages being communicated by our culture/world. Discuss the question on page 142: "Do you have any new insights? Any areas where you need a mind-shift?"
- We want T³—Truth-filled Temple Talk! Review the A to Z list on pages 154–155. Pass out the A to Z Memory Verse Card packets. Go around the room, with each woman reading one of the Truths out loud, in order, starting with the words "I am" (i.e., I am Accepted, I am Blessed, I am Chosen ...).
- Review Part Five: Trash & Treasures. Discuss the chart on page 163.

Optional idea: Bring in two bags or containers, along with a handful of "props" representing things women encounter in their everyday life. (Ideas include: cigarettes, water bottle, Cheetos, racy novel, wedding ring, gossip magazine, Bible, running shoes, etc.) Hold up each item and ask whether it helps trash or treasure the body, and put it in the respective container. (Some answers might not be clear-cut.)

Facilitator, you may want to tell a personal story of how you've grown in learning to treasure your temple. Share how knowing the Truth of who you are in Christ has helped you realize the Truth—you are God's priceless treasure. Stories make things stick, so if you can speak personally and authentically in this area, please prayerfully consider doing so.



- Turn to 1 John 1:9 in your Bibles, and ask a volunteer to read it aloud. “Say, ‘Cindy shared, “Whatever artificial lure the enemy has used to entice you —whether it’s an affair, abortion, bankruptcy, gossip, porn, credit card debt, envy, pride, or sexual immorality, if we confess our sins, God is faithful and will forgive us. If you confess it, He forgives it. How amazing is that?!””
- Discuss:
 - Do you think most women take God up on His offer of forgiveness? Why or why not?
 - How does it make you feel knowing God will forgive you from all your sins?
- Memory Verse: Can anyone share all four verses learned so far? Celebrate their commitment! Say to the women, “If you’ve fallen behind on memorizing, this is a perfect week to jump right back in.” Ask for a show of hands for those women who commit to memorizing 1 Corinthians 8:9. Now that they’ve expressed they *want to*, ask them their plan of implementing the *how to*.
- Prayer Groups: Break into groups of four. Encourage the women to write down on a piece of scrap paper the “false label” they wrestle with most often. After doing so, tell them to rip up the paper and place it in the garbage where those labels belong. Spend time in prayer, praying words of truth over one another.

Wrap Up

Looking Ahead

Next week we’ll be talking about idol meat. (Yes, idol meat.) Remind the women that they will want to complete Chapter 5 in their book before your next gathering, as well as memorize 1 Corinthians 8:9.

Prayer Time

Close in prayer. Thank God for the promise that regardless of our past choices and experiences, we are not meant to spend our lives dangling on a painful hook. Instead, in Christ, we can live set free from our sinful behaviors and choices, and cultivate holy, pure lives through the power and freedom of Jesus Christ. Woo Hoo!



Take a picture of your #Truth bumper sticker from page 167. Post it online using Facebook, Twitter, or Instagram with the hashtag #livefullwalkfree.

Reflect

- How did it go? What worked well? Jot down five highlights.
- Is there anything you wish you would have said or done differently?
- Spend time in prayer. Ask God to help any woman who is “hanging on a hook” to reach out for help and to bring her situation to the light. May all the women in your group base their beliefs from God’s Word, not the world.
- Reach out to group members who were absent. Remind them they were missed, and ask if there is any way you can help fill them in on the video session.
- Is there anyone who was especially quiet? Didn’t seem comfortable? Send an email or drop a “thinking of you” note in the mail reminding them of the Truth—they are a temple of immeasurable worth.

✿ You made it through the Sex in the Sinful City lesson. Way to go!

One dear women's director sent me the following feedback after this teaching session: "Cindy . . . a woman was living with a man, had a baby and two weeks after hearing the [teaching] they got married. Another woman chose not to pursue an affair she was contemplating. One young woman who is new to church did not know she shouldn't be living with her boyfriend. Women are hungry for the uncompromised truth of God's Word and when they hear it, they respond."

Yay, God! Sweet facilitator, please don't stop praying for God to accomplish much through His Word in the lives of your women. You never know what He might do! Follow His leading, share the Truth, and then leave the results up to Him. Remember, He always keeps His promises!

Cindy ☺

Session 5

To Eat or Not to Eat

Overview

Idol meat? There must be more to this than “meats” the eye! (Get it? Ha!) As funny as it sounds to us today, for those in the Corinthian church, idol meat had become a serious problem and was causing dissension. In today’s video teaching, we’ll discover how Paul tried to help solve the idol meat problem, and how his counsel can help us when we’re faced with areas of spiritual preference, i.e. the “gray areas” of life.

Prepare

- Prayerfully plan your schedule based on your time frame.
- Complete the lessons in Chapter 5, and note which homework questions will work best for your group.
- Watch Session 5 to familiarize yourself with the teaching.
- Pray for your group. Thank God for His Presence, peace, and power, as well as recounting the prayers He has answered in your group over the past weeks together. Ask Him to do it again!
- Printable: Download the free Ace playing card at www.cindybultema.com; one card per woman, OR email the women during the week and encourage them to do so.

✿ *“It’s late. You’re tired. You’re mad at your husband, and your kid’s teacher called this afternoon. You may be doubting, ‘How am I supposed to lead this group when I’m barely keeping up myself?’ Never fear, dear friend—this is exactly where Jesus needs you to be. You will never lean on Him more than when you are trying to lead. Be honest with Him, and be real with your women. They will love you and trust you more for it. And I bet one of them got the same call today too.”*

—Amy Lively, author of *How to Love Your Neighbor Without Being Weird*

Connect

- Begin with prayer, asking God to infuse you with fresh wisdom, knowledge, love, and peace, and to use your time together for His kingdom purposes and glory. OR you may choose to have the women read the prayer from page 169 aloud together as your opening prayer.
- Communicate any “housekeeping” updates with your group.
- Spend time connecting before you dig into the lesson. As an icebreaker, ask each woman to share what question they would ask if they could have a Q&A with Pastor Paul (page 171).
- Have a volunteer read aloud 1 Corinthians 8:9 (Week 5 memory verse). Did you have an opportunity to *live* this truth in a personal relationship or situation this week?

Watch: To Eat or Not to Eat (27:00)

Direct everyone to the blank page for notes on page 213 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 214. When you get to question #4, pass out the Ace playing cards from www.cindybultema.com. Ask volunteers to share examples of relationships or situations where they are tempted to forget that they can be right, and still be wrong. Encourage each woman to write down Cindy's 4 guiding questions on a sticky note for the back of her playing card.
 - What does the Bible say about this gray area?
 - What's loving?
 - What's helpful?
 - What would build up the body of Christ?
- Discuss the difference between a spiritual preference and a spiritual principle. Review the chart on page 180, and make one large collective chart. (Depending on your room set-up, you may want to use a dry erase board/poster board/chalkboard to record your group's thoughts.) Peek at the list on the top of page 186 and be sure to add those items to your chart as well.

Note: there may be some “gray areas” where women disagree if it is a spiritual preference or principle (i.e., yoga). That's okay! You may even have some topics in both columns. Keep the mood light-hearted, and remind them that's why they are called *gray* areas.

Ask, “How have you been impacted by spiritual preferences? Can you think of a situation where you, like Jayne, were faced with a gray area? How did you respond?”

- Training Time! Review Part Four: *Run, Girlfriend, Run!* Cindy shared three training tips:
 - Define your race.
 - Set your pace.
 - Have a training program in place.

Have volunteers describe their race (page 201). Ask, “Would you describe your faith journey as one of mostly *training* or mostly *trying*?” Remember, if you stumble, get back in the race. The good news is—there is always grace!

- Review Part Five: *Finishing Well!* As a group, discuss the three steps Cindy shared on pages 210–212. As the facilitator, pray about sharing your newspaper headline example on page 211. Pass out scrap pieces of paper, and invite the women to put step three into action—repent.

- Memory Verse:** Take a few moments and review the verses learned so far. Ask for volunteers to recite all five verses from memory, and then give those women some chocolate!☺ Encourage the women to type Chapter 6’s Memory Verse (1 Corinthians 16:13–14) into their mobile device, and say it aloud every time they check their phone. Ask, “How has the Scripture memory been impacting you? What has been your favorite Scripture memory tip?”
- Prayer Groups:** Break into groups of two. Using the questions on page 210–211 as a guide, share with one another how you are *really* doing. After each woman has had a time to share, spend time in prayer, asking God to empower each woman to *know*, *live*, and *share* truth and run her race with excellence and integrity.

Wrap Up

Looking Ahead

Our last teaching video is next week! Remind the women that they will want to complete Chapter 6 in their book before your next gathering, as well as memorize 1 Corinthians 16:13–14.

Prayer Time

Close in prayer. Invite God to bring to mind for each woman any situations where being right has become more important than being loving, or gray areas where they need to remember: love trumps knowledge.



Will you accept Cindy’s challenge to pull out the Ace of Hearts from a deck of playing cards (or use the Ace printable)? Where do you need to keep this playing card to remind you that you can be right, and still be wrong (i.e., office cubicle, car visor, near your computer for when you are on FB)? Take a photo of your Ace card in its new home, and share a photo online using Facebook, Twitter, or Instagram. Don’t forget to use the hashtag #livefullwalkfree.

Reflect

- How did it go? Did you have a favorite moment?
- Spend time in prayer. Ask God to reveal to each woman any area where she might focus more on being right than being loving. Pray that her spiritual eyes would be opened.
- Call or write group members who were absent. Remind them they were missed. Encourage them to come to the final Week 6 session.
- Is there anyone who has been vulnerable in your group discussion time? Send her a quick email to acknowledge her openness and thank her for being “real.”

✿ *“I’m not sure if ‘F’ stands for Week Five or Fizzle Out. There’s something about Week Five in many of our groups that causes women to give up. Don’t be discouraged. This is the week I like to assign everyone to follow up with another group member during the week, send hand-written notes of blessing, or leave the group with a teaser they can’t help to come back for. Week Six stands for SUCCESS!”*

—Julie Sanders, author of *Expectant: 40 Devotions for New and Expectant Moms*

Session 6

Our Final Victory

Overview

Our journey to Corinth is coming to a close. In today's video teaching, Cindy unpacks 1 Corinthians 11:1, a powerful little verse tucked right toward the middle of the Corinthian correspondence. Together, we'll review three things we've learned about Paul and his priorities during our *Live Full, Walk Free* adventure. May we imitate and follow Paul's example as he imitated and followed the faithful example of Christ.

Prepare

- Prayerfully plan your schedule based on your time frame.
- Complete the lessons in Chapter 6, and note which homework questions will work best for your group.
- Watch Session 6 to familiarize yourself with the teaching.
- Pray for God to give the women the strength, faith, and tenacity to finish this Bible study well.
- Prepare a few words about what Jesus and the cross means to you. (See "Discuss" on page 35 for more details.)
- Snack Idea: Chocolate chip cookies, preferably homemade (reminder from Part 1).
- Prizes: You may want to have a small prize available for any woman who can recite all six of the memory verses. Remember, chocolate is always a favorite. (Consider sending a group email to remind the women to practice their verses and that prizes will be available.)
- If you are *not* having a *Live Full, Walk Free* Celebration, you may want to peek at the ideas and incorporate them into your last session gathering. Let the women know how proud you are of their hard work. Celebrate their commitment to *live full* and *walk free*.
- If you *are* hosting a *Live Full, Walk Free* Celebration, read through the ideas on page 38. Jot down celebration ideas to discuss with the group, make a list of preparation needs, and have sign-up sheets available to distribute at the end of the group session.

✿ *"A smile, a heartfelt hug, or a genuine compliment. These might be more inspirational to someone today than the lesson you have studied and prepared to lead today. Let God shine through you."*

—Lori Crispin, Co-owner, *321 Improv Comedy*

Connect

- Begin with prayer, thanking God for your *Live Full, Walk Free* group and the joy of journeying together. OR you may choose to have the women read the prayer from page 215 aloud together as your opening prayer.
- Ask participants to talk with a partner for two to three minutes about one thing that has stood out to them from this Bible study. Option: When you come back together, ask for a few volunteers to share with the larger group what they discussed.
- Communicate any “housekeeping” updates with your group. Remind the women of the 1 Corinthians Reading Plan, and encourage them to continue reading this Truth-filled book of the Bible.
- Have a volunteer read aloud 1 Corinthians 16:13–14 (Week 6 memory verse). Ask, “Did anyone memorize it? How has this memory verse been impacting you?”

Watch: Our Final Victory (27:00)

Direct everyone to the blank page for notes on page 253 in their *Live Full, Walk Free* book. Play the video.

Discuss

- Facilitate the group discussion questions on page 254.
- Cindy asked in the teaching video, “Do you know Jesus? Not do you know *about* Him, but do you *know* Him? Have you invited Jesus to be the Lord and Savior of your life?”

As the facilitator, you may want to share how Jesus has impacted your life. Use the cross example on page 16 as an example. If you’ve already shared your story, prayerfully ask another leader or volunteer to share what a relationship with Jesus has meant to her.

Remind each woman of Cindy’s closing remarks, “I would not be serving you well if I didn’t take a moment to ask this important question, and remind you how dearly, lavishly, and completely God loves you. He loves you so much that He sent Jesus, His one and only Son, to Earth to die for you. Please know, if you are wondering how to have that emptiness filled, it’s Jesus. Jesus is truly is everything you need. Jesus will satisfy the empty places in you. Jesus brings freedom. Only Jesus!”

If you sense there are woman who have not yet made this life-changing decision, you may want to review and read aloud page 17.



- Review Part Two: *Walk Free*. As a group, go through the eight-part strategy Cindy shared on pages 227–228. Invite the women to discuss aloud the Apply It questions starting on page 228. Remind the group, “Don’t forget: You are not the only one! It’s not a temptation to *want* to sin. It’s only a sin if we give in. Your God is faithful. Look for that escape route so you can quickly walk out of that situation and experience victory and freedom. It’s time for you to *live full* and *walk free!*”
- Ask a volunteer to read aloud 1 Corinthians 16:5-14. Paul closes his letter to the Corinthians on a personal note, sharing brotherly encouragement and love. Does Paul’s closing surprise you? If you were writing a letter to your children/small group/family members, what spiritual advice and counsel would you give them?
- We’ve learned the *Live Full, Walk Free* motto could be “Know the Truth. Live the Truth. *Share* the Truth.” Turn to page 243 in your book. Did anyone send a love note or text to a special person? If yes, who? How can you share Truth this week?
- Memory Verse: Review the six verses you’ve learned. Invite women to come forward and recite all six memory verses. Present prizes and celebrate their hard work. Ask for volunteers to share which verse has affected them the most, and in what ways.
- Prayer Groups: Break into groups of four. Discuss how your prayer life has grown during your time together. Celebrate praises and answers to prayer! Using the prompt on page 254 as a guide, ask God to remove any and all obstacles, and infuse each woman with fresh power *so that* she would be a mighty woman who *knows, lives, and shares* truth everywhere she goes!

Wrap Up

Looking Ahead

We celebrate! Encourage all members to come back next week to celebrate the end of a “job well done.” How will you celebrate your completion of *Live Full, Walk Free*? Discuss celebration details and distribute sign-up sheets, as needed. It’s time to gather up some confetti!

Prayer Time

Spend time together in prayer. Thank God for all you’ve learned by studying 1 Corinthians together.

Thank Him for the ways He has worked in each of your lives. Ask Him to show you what areas of your lives He wants to work on next, and ask Him to encourage each of you as He does so. Pray that God would seal the work accomplished this season, and empower you all to *know* the Truth, *live* the Truth, and *share* the Truth, in love.



Did anyone know all of their verses? Why not take a picture and celebrate their hard work online (with their permission, of course.) Or take a photo of your verse cards, index cards, or favorite Scripture memory tip. (One friend shared a photo of her verse cards that she hangs on the wall next to her toilet. Ha! It works for her—she knows her verses!) Post your photos online using Facebook, Twitter, or Instagram. Don’t forget to use the hashtag #livefullwalkfree.

Reflect

- What has been your favorite part of your *Live Full, Walk Free* journey? How have you seen God answer prayer? Spend time thanking Him for His Presence, provision, and personal answers to prayer.
- What tips worked best from this Leader's Guide? What did you add to help the women know, live, and share Truth? Jot down your ideas. You may even want to send your thoughts to cindy@cindybultema.com.
- Spend time in prayer asking God to know, live, and share His lavish, unconditional, unfailing love with all the women in your group. May He equip and empower them to do everything in love.
- Check in on any women who were not able to attend. Remind them that they matter, and encourage them to finish the lessons in their *Live Full, Walk Free* book.
- Who has helped serve your group this season? Make a list of everyone who has assisted on this *Live Full, Walk Free* journey. Depending on your group size, your list may include table leaders, greeters, custodians, sound guys, prayer warriors, nursery help, bakers, pastor's wife, etc. Spend time thanking God for each one by name. If time allows, send personal notes of appreciation. Tell them you are thankful that you are all on the same Team!

✿ *“Hopefully, the ladies in your group have caught the vision of knowing, living, and sharing Truth. I encourage you to commission them to take a deeper step by praying about facilitating a Live Full, Walk Free study in their home or workplace. A few of the women may want to team up and form a group by prayerfully extending an invitation to women whose path they cross regularly. Who knows what God may have next!”*

—Julie Richardson, Our Daily Bread Ministries

Closing Session (Optional)

Live Full, Walk Free Celebration Prepare

- Pray for God’s leading and guidance as you prepare a fun, celebratory last group session.
- Decorations: Consider using the confetti theme. Is there a gifted party planner and/or decorator in your group? Ask for her help.
- Photographer: Recruit a group member to photograph your fun gathering. You may want to consider a photo booth as well.
- Refreshments: Keep it simple, or pass around a sign-up sheet and have everyone bring their favorite festive dish. Check Cindy’s Pinterest page for a variety of fun confetti-inspired recipes.
- Send an email with the Celebration details. Remind the women to wear something colorful and fun.
- Prepare a schedule based on the needs and personality of your group. See below for a few ideas:

60–Minute Group	90–Minute Group	120–Minute Group
<p><i>Connect</i> (10 minutes)</p> <ul style="list-style-type: none"> • Welcome • Yay, God! Yay, you! • Prayer 	<p><i>Connect</i> (10 minutes)</p> <ul style="list-style-type: none"> • Welcome • Yay, God! Yay, you! • Prayer 	<p><i>Connect</i> (10 minutes)</p> <ul style="list-style-type: none"> • Welcome • Yay, God! Yay, you! • Prayer
<p><i>Enjoy</i> (15 minutes)</p> <p>Food and Fellowship</p>	<p><i>Enjoy</i> (30 minutes)</p> <p>Food and Fellowship</p>	<p><i>Enjoy</i> (30 minutes)</p> <p>Food and Fellowship</p>
<p><i>Share</i> (30 minutes)</p>	<p><i>Share</i> (50 minutes)</p>	<p><i>Share</i> (40 minutes)</p>
<p><i>Wrap Up</i> (10 minutes)</p> <ul style="list-style-type: none"> • Coming up next • Closing Prayer 	<p><i>Wrap Up</i> (10 minutes)</p> <ul style="list-style-type: none"> • Coming up next • Closing Prayer 	<p><i>Prayer Groups</i> (20 minutes)</p> <p><i>Wrap Up</i> (10 minutes)</p> <ul style="list-style-type: none"> • Coming up next • Closing Prayer



Connect

- Welcome everyone to the *Live Full, Walk Free* Celebration!
- Share a few heartfelt words about what you have enjoyed as the facilitator of this group.
- Yay, God! Yay, you! Thank God for His leading and guidance. Spend time honoring the women for their faithful commitment.
- Pray. Thank God for His Presence and ask for His blessing over your group.

Enjoy

Spend time fellowshiping and enjoying the snacks. If you sense your group may need more structured social time, consider:

- Index cards with conversation starters on the table.
- Google “small-group icebreakers” and find a simple idea.
- Share favorite “confetti” recipes.
- Begin the Sharing Time exercises as soon as everyone has refreshments.

Share

- Facilitate the Our Final Victory review on pages 251–252. Ask each woman to answer the question at the bottom of page 252, “What is the one main takeaway you will leave with as we wrap up our time together in 1 Corinthians?”
- Woo-Hoo Awards: Give verbal or fun homemade awards to each group member for faith-filled victories or for knowing, living, and sharing Truth.
- “Confetti” seat: Have an individual sit on a chair in the center of the room and ask each group member to take a few moments to share Truth over that person. It can be as simple as asking everyone to finish, “The Truth about you is . . .” or “You are important to our group because . . .” Or you can give everyone a few minutes to speak freely from her heart to honor this person. After the last person has spoken, give the honoree a standing ovation.
- Faith journeys: Ask for volunteers to share what the cross means to them. Ask them to share their cross exercise from pages 16 and/or 124.
- Memory Verse: Does anyone know all six verses? Ask for volunteers to recite them aloud, and consider giving fun awards to anyone who has completed the Memory Verse Challenge. Cheer for all the women for any progress they have made!
- Prayer Groups: Break into groups of four. Invite the woman to share personal prayer requests, and then pray for one another. Remind the women that it is okay to “take a pass” on praying out loud.



Wrap Up

Looking Ahead

Is there a new group starting? Share upcoming details, or confirm contact info for more communication in the future. Be sure to give some guidance and exhortation about spending time in the Word, having a plan for staying engaged with God, and being faithful to redeem the “in-between” times.

Prayer Time

Gather in a circle. If comfortable, ask the women to join hands. Spend time in prayer thanking God for the insights, lessons, and truth learned, as well as the new relationships formed.

Sing About It

Consider closing with a song as a benediction. “My Friends, May You Grow in Grace” is a personal favorite. Search youtube.com for the song lyrics and melody, or choose a favorite of your own.



Take a quick “after” photo of your group and email it to cindy@cindybultema.com, or share it online using Facebook, Twitter, or Instagram. Don’t forget to use the hashtag #livefullwalkfree.

Reflect

- Spend time in prayer. Pray that the women would not merely listen to the Word but that they would also do what it says (James 1:22). Pray that they would continue to *live full* and *walk free*.
- We would love to hear how this study has been an encouragement to you and the women in your group. Visit Cindy’s website at www.cindybultema.com or email at cindy@cindybultema.com to share how this study has had an impact on you. Please invite everyone in your group to do the same. We can’t wait to hear from you!



20 Tips for Memorizing Scripture

1. Use index cards or sticky notes and put them all over the place, so that you'll see the verse many times throughout your day.
2. Create a screensaver for your computer or phone with your current memory verse. Say your verse aloud every time you open your computer or turn on your phone.
3. Turn the radio or your podcasts off during your commute to work or school and recite your memory verse out loud.
4. Write the verse on your bathroom mirror with a dry erase marker.
5. Work on the passage when you're at a red light, in a waiting room, or in line at the grocery store. Use any extra downtime to memorize Scripture.
6. Stick to a schedule. Adopt a routine and review verses at a certain time each day.
7. Share it. As much as you can, share the passage with others as you go about your day. For example, when you see a friend who is feeling low, encourage them with a verse. When you send a card to someone, add one of your verses.
8. Turn the radio off during your commute to work or school and recite your memory verse out loud.
9. Incorporate the verse into your prayers.
10. Use music to help. Try setting the Bible verse to a simple tune, perhaps repurposing a song you already know well.
11. Make it a game. Turn the act of memorizing into a personal challenge. You might write each word on a flashcard and try to put them in order. Or, write the verse out, leaving key words blank. Fill in the blanks.
12. Memorize while walking the dog, exercising, washing dishes, folding clothes, dusting, or performing other mundane activities.
13. How about memorizing while showering? Write the verse on a piece of plastic (like an old tablecloth or clear plastic) using a permanent marker. If people can sing in the shower, why not say verses aloud in the shower?
14. Memorize each morning while you brush your teeth. You never skip that, right?
15. Recite verses together in your small group. Hold each other accountable.
16. Practice memorizing at meal times. Ask your family to learn them with you.
17. Have your verse "travel with you." Put it on the dashboard, in your suitcase, purse, briefcase, or wallet.
18. Review your verses right before you go to bed at night, or recite the verses when you wake up in the morning.
19. Use rhythm to make the verse easier to remember. (You always wanted to rap, right?)
20. Just do it! Reflect on "why" you want to memorize Scripture, and ask God to help you stick to the habit of renewing your mind with Truth.

Sample Values Statement Overview

Welcome to *Live Full, Walk Free: Set-Apart in a Sin-Soaked World!*

Our Purpose and Desire: To be women who worship the One true God, and live out our lives in complete surrender to Christ and His plan for us.

Our Commitment:

- Grow closer to Jesus.
- Give and receive unconditional love and acceptance.
- Be open, vulnerable, and real.
- Practice complete confidentiality.
- Study the Bible together.
- Be encouraged and inspired.
- Make new friendships.
- Spend time in prayer for one another.
- Have fun!

Overview: Our Bible study will meet every Monday evening September 9 until November 4 from 7:00 p.m. to 8:30 p.m. in the Sunshine Room.

General Evening Schedule

7:00 – 7:15 Opening (Welcome, announcements, group activities)

7:15 – 7:45 Video Teaching

7:45 – 8:30 Small Groups (Discussion, Bible exploration, prayer)

We will start and end on time, but if you find are running late, please—COME ANYWAY. You will find grace here; we all know that life happens!

Snacks: Food and fellowship are always a good mix! Please feel no pressure to bring something, but if you'd like to share a goodie, let us know!

Prayer: Your small group leader will always be able to pray with you, in the group or throughout the week.

Our Disclaimer: We are not Bible know-it-alls. We simply love God and want to grow together by studying His Word. We encourage you to bring a Bible if you have one, pray, share and participate to the level you are comfortable. We won't force you to share—promise.

Ice breaker

Live Full, Walk Free

Thankful for _____
_____ ?

Reading a book or watching a movie _____
_____ ?

Unique about me _____ ?

Tea or coffee _____ ?

Happiest when _____ ?

Live Full, Walk Free Permission to copy for small group purposes



Great Swedish Fish Pass

Break up into groups of five or six. Instruct the groups to stand or sit in a circle. Give each group one box of Swedish fish (or gummy worms). Read the following questions aloud. As you ask the question, everyone answers aloud and shakes their head “yes” or “no.”

If the woman holding the candy answers “YES,” she passes the candy to the right; if she answers “NO” the candy goes to left.

After the ten questions have been asked, the woman holding the candy is the winner. She gets to keep her Swedish Fish!

1. Do you like fishing?
2. Have you been on a road trip in the past month?
3. Do you like Greek baklava?
4. Have you taken a selfie in the past 48 hours?
5. Do you currently know any secrets?
6. Have you ever used a confetti wand?
7. Do you own a fitness shirt with a cute phrase or verse on it?
8. Can you recite one of the *Live Full, Walk Free* memory verses?
9. Have you treated your body like a temple this week?
10. Are you ready to *Live Full* and *Walk Free*?

Live Full Walk Free Permission to copy for small group purposes



Memory Verse Cards

Week 1

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

— 1 Corinthians 1:18 —

Week 2

Do not deceive yourselves. If any of you think you are wise by the standards of this age, you should become “fools” so that you may become wise.

— 1 Corinthians 3:18 —

Week 3

You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

— 1 Corinthians 6:11b —

Week 4

You are not your own; you were bought at a price. Therefore honor God with your bodies.

— 1 Corinthians 6:19b-20 —

Week 5

Be careful, however, that the exercise of your rights does not become a stumbling block to the weak.

— 1 Corinthians 8:9 —

Week 6

Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.

— 1 Corinthians 16:13,14 —

